

## Activities for Adults (50+ Years)

**Registration begins February 17; classes begin March 16 unless noted otherwise within class descriptions.**

**No class March 31. To view a list of class location abbreviations, see page 2.**

**The activities and classes below are designed specifically for Adults (50+ Years). Additional offerings for adults may be viewed in the Adults (18+ Years) section.**

### Cahill Senior Center

**715 West 5th Street**

**480-858-2420**

**[www.tempe.gov/cahillseniorcenter](http://www.tempe.gov/cahillseniorcenter)**

The Dennis J. Cahill Senior Center offers a fully-equipped fitness room, computers with Internet access, luncheons, classes, movies and special events for adults ages 50+.

#### Facility Hours:

Monday – Friday, 8:30 a.m.-2:30 p.m.

**Facility Closures:** Mar. 31, May 25

#### Weekly Activities

BINGO*	Mon.	1 p.m.
New Release Movie	Tues.	11 a.m.
\$3 Lunch before Bingo	Fri.	11:30 a.m.
BINGO*	Fri.	1 p.m.

\*Card sales begin at 12:30 p.m.

No Bingo: Mar. 31, May 8, May 25

Please refer to the Roadrunner Chronicle newsletter, or call 480-858-2420 for more information. Join the RTA (Retirees of Tempe Advisory Group) for event discounts.

### Escalante Senior Center

**2150 East Orange Street**

**480-350-5870**

**[www.tempe.gov/escalante](http://www.tempe.gov/escalante)**

The Escalante Senior Center is operated by Tempe Community Action Agency (TCAA) with programming every Tuesday through Friday for adults 60+. The AmeriCorps Health & Wellness program is offered every Tuesday to include exercise classes with weights, balls, and bands, and on Thursday Zumba classes. Monthly Health related programs are presented by certificated Health Providers. Healthy Cooking Demonstrations are featured the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month. Other activities include the LUNCH PROGRAM, BINGO, Crafts, Field Trips, Garden Club, Readers Theater, Walking Club, and Seasonal Events. For more information stop by the center or call 480-350-5872.

#### Facility Hours

Tuesday-Friday, 8 a.m.-3 p.m.

**Facility Closures:** Mar. 31, May 25

#### Weekly Activities:

AmeriCorps Exercise Class	Tues.	9:30 a.m.
	Thurs.	11:30 a.m.
Lunch Program	Tues.-Fri.	11:45 a.m.
Bingo	Tues. & Thurs.	12:30 p.m.
Walking Club	Wed.	9 a.m.
Cooking Demos	1st & 3rd Wed.	10:30 a.m.
Garden Club	Wed.	10:30 a.m.

### North Tempe Senior Center

**1555 North Bridalwreath Street**

**480-858-6510**

**[www.tempe.gov/northtempe](http://www.tempe.gov/northtempe)**

The North Tempe Senior Center is operated by the Tempe Community Action Agency (TCAA). The Center offers billiards, books, magazines, television, playing cards and a collection of board games. Programming includes luncheons, health and wellness classes, special events and Bingo. The North Tempe Multi-Generational Center is home to TCAA's Home Delivered Meal (HDM) program that serves meals to home-bound elderly and disabled individuals in Tempe and South Scottsdale. Participants can be referred to us by the SENIOR HELP LINE@602-264-4357. TCAA also offers a private pay option for home delivered meals. The meals are delivered Mon.-Fri. between 9:30am and 12:30pm. If you would like more information for this program please call our front desk at 480-858-6510. Visit TCAA's Website at [www.tempeaction.org](http://www.tempeaction.org).

#### Facility Hours:

Monday-Friday, 8 a.m.-3 p.m.

**Facility Closures:** Mar. 31, May 25

#### Weekly Activities

Silver Sneakers	Mon., Wed., Fri.	9:30 a.m.
TCAA Congregate Lunch	Mon., Wed., Fri.	11:30 a.m.
Bingo (.50 cents per card)	Mon.	12:30 p.m.
AmeriCorps Fitness Classes	Tues., Thurs.	9:30 a.m.

**Healthy Cooking for Seniors Demo Classes:** Classes are held on the first and third Mondays of each month at 10:30 a.m. This is an on-site drop-in class, so preregistration is not required. Participants will have the opportunity to join the demonstration and enjoy a sample of the days' recipe.

**Volunteer Opportunities:** TCAA is actively recruiting volunteers to assist with their Home Delivered Meals program. Contact Kathy Flores at the North Tempe Senior Center Front Desk at 480-858-6510.

## Activities for Adults (50+ Years)

### Pyle Adult Recreation Center

**655 East Southern Avenue**  
(SW Corner of Rural and Southern)  
**480-350-5211**  
**[www.tempe.gov/pyle](http://www.tempe.gov/pyle)**

The Pyle Adult Recreation Center is a recreation facility for adults, ages 18 yrs+. Classes and programs for adults are offered through the brochure at this facility. The facility has a multipurpose room, dance room, billiards room, fitness room and six meeting rooms.

#### Facility Hours

Monday-Thursday	8 a.m.-9 p.m.
Friday	8 a.m.-5 p.m.
Saturday	9 a.m.-4 p.m.
Sunday	Closed

**Facility Closures:** Mar. 31, May 25

#### Retirees of Tempe Advisory (RTA)

The Retirees of Tempe Advisory (RTA) is a group sponsored by the City of Tempe Community Services Department and the Pyle Adult Recreation Center. The RTA advises Pyle staff regarding programs and events for those 50 years and older. RTA membership is \$5 per year and provides members with discounts on lunches and other special events and activities. To become a member, you must apply in person at the Pyle Adult Recreation Center's front desk.

#### Monthly Retiree Activities

Tuesday/Thursday Lunch/Program	11:30 a.m.
Needleweilders Tuesdays/Thursdays	9 a.m.-Noon
Senior Songbirds meet Wednesdays	9:30 a.m.
Looney Tooner Kitchen Band Mondays (Sept. - May)	9:30 a.m.
Tuesday New Release Movies	12:30 p.m.
Bingo Every Wednesday	1 p.m.
Bluegrass Jam Session every Wednesday	Noon-2:30 p.m.
Current Events Discussion Group every Thursday	1 p.m.
Bluegrass Jam Session every Friday	9-11:30 a.m.
Various card groups throughout the week	Times Vary
Classic Movie Fridays	12:30 p.m.

Fees for the above programs are minimal and vary by program to cover costs of the program. If you have questions about any of the programs or classes offered for adults 50+ years, call 480-350-5211, or visit the Pyle Adult Recreation Center's website at [www.tempe.gov/pyle](http://www.tempe.gov/pyle).

#### Classes - Participants & Observation:

- Minimum age requirement for the following activities is 50 years.
- Childcare is not offered.
- Observers and non-registered individuals, including children, are not permitted in classes or workshops.

### Arts & Crafts

**For a list of suggested materials, visit**  
**[www.tempe.gov/pyle](http://www.tempe.gov/pyle), or the Pyle Center Front Desk.**

#### Acrylic and Oil Painting

Instructed by Donna Levine, this course in Acrylic and Oil Painting includes composition, color theory and basic painting techniques. Class requires additional materials; please bring materials to the first class. Refer to class listing below for proper experience level placement (beginning, intermediate, advanced). 480-350-5211

41851	50 yrs+	Beg.	M	3/16-5/11	9 a.m.-Noon	\$54	PAC
41852	50 yrs+	Int.	W	3/18-5/13	1-4 p.m.	\$54	PAC
41853	50 yrs+	Adv.	Th	3/19-5/14	9 a.m.-Noon	\$54	PAC

#### Crafts and Coffee at Cahill

Join us on the third Wednesday of each month for coffee and crafting. Fee: \$4. 480-858-2420.

43509	50 yrs+	W	4/15	10 a.m.	CSC
43510	50 yrs+	W	5/20	10 a.m.	CSC

#### Drawing: Color/B&W

In this class instructed by Donna Levine, students can explore both black and white, and color media of their choice. Emphasis will be on technique, composition and learning to "see" color. Cost of materials will vary depending on the media you choose. Please bring one drawing medium and appropriate paper to the first class. 480-350-5211

41857	50 yrs+	M	3/16-5/11	12:30-3:30 p.m.	\$54	PAC
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#### Pastel Painting

Instructor Alice Van Overstraeten covers a unique medium in a fun environment where you will produce beautiful art with intense color. Please bring supplies to the first class; for a list of supplies, visit [www.tempe.gov/pyle](http://www.tempe.gov/pyle), or the Pyle Center Front Desk. 480-350-5211

41861	50 yrs+	Th	3/19-5/14	1-3:30 p.m.	\$54	PAC
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#### Watercolor Painting

Instructed by Donna Levine, the emphasis of this class is on the use of materials as they apply to still life, landscape and portraiture. Class requires additional materials. Approximate cost of materials is \$40-\$45 depending on projects selected. Please bring materials to the first class. No class 3/31. 480-350-5211

41872	50 yrs+	T	3/17-5/12	1-4 p.m.	\$48	PAC
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## Boating

### Boom Kayak

Are you looking for a fun way to stay active and beat the weekend warriors? Join us during the week and our certified instructors will focus on physical fitness and basic stroke technique in a low-stress/low-impact fun environment. Fee: \$30. 480-350-8069

43398	50 yrs+	W	4/15	9-11 a.m.	TTLM
43399	50 yrs+	W	4/29	9-11 a.m.	TTLM

### Boom SUP (Stand-up Paddling)

If you are looking for an opportunity to stay active, beat the weekend warriors and try something new, this is the class for you. Enjoy the fun and relaxed setting of Tempe Town Lake during the week on a stand-up paddleboard. Our experienced staff will tailor the class to your needs focusing on fitness, balance and basic stroke technique. Fee: \$27. 480-350-8069

43405	50 yrs+	T	4/7	9-10:30 a.m.	TTLM
43406	50 yrs+	Th	4/9	9-10:30 a.m.	TTLM
43408	50 yrs+	T	4/21	9-10:30 a.m.	TTLM
43409	50 yrs+	Th	4/23	9-10:30 a.m.	TTLM

## Business & Computers

### Senior Techs: Brand New to the Computer

No prior computer experience/skill is necessary to take this class. Learn how to use a mouse, become familiar with computer terminology and learn about the various parts of a computer. You will use the Internet to practice the skills that you have acquired in the class. Fee: None. 480-350-5521.

43690	50 yrs+	W	4/1	10:30 a.m.-Noon	LCL
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### Senior Techs: Computer Basics

Become comfortable and gain confidence using the computer. Topics covered will include: meet the computer, Microsoft Word, and exploring google. Basic computer skills are required. Fee: None. 480-350-5521.

43691	50 yrs+	W	5/6-5/20	10:30 a.m.-Noon	LCL
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### Senior Techs: Go Google

Learn how to surf the net and improve your internet searching skills while having fun. You will explore google calendar, google maps, and learn how to use YouTube to watch videos. Fee: None. 480-350-5521.

43692	50 yrs+	W	4/15-4/29	9:30-11 a.m.	NCC
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## Dance, Music & Theater

### Ballroom Basics

Has it been a while since you tripped the light fantastic? Or perhaps you've never ventured on to the dance floor. Either way, this fun, relaxed class is for you. All the basics of Ballroom Dance will be covered as you dust-off your dancing shoes for an afternoon of fun. 480-350-5287

43521	50 yrs+	M	3/23-5/11	2:30-3:30 p.m.	\$35 PAC
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### Line Dance; Beginning

A perfect class for the beginner who would like to learn the fun and easier dances at a slower pace. Focus is on form, technique and terminology in a fun and friendly environment. No partner necessary. No class 3/31. 480-350-5211

41859	50 yrs+	T	3/17-5/12	1:30-2:30 p.m.	\$32 PAC
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### Line Dance; Intermediate

A continuing class for those who feel they have mastered the basics and want more of a challenge. Focus is on rhythms, patterns and styles as you move to the music. No class 3/31. 480-350-5211

41860	50 yrs+	T	3/17-5/12	2:30-3:30 p.m.	\$32 PAC
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### Tap Dance; Beginning

This beginning level class will teach you the basic Tap steps as you put them together to create a fun dance routine. Lots of fun, and great exercise. 480-350-5211

41870	50 yrs+	Th	3/19-5/21	11:15 a.m.-12:10 p.m.	\$28 PAC
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### Tap Dance; Intermediate

Get fit while having fun. Learn fundamental Tap technique and steps, and then choreograph them for muscle memory. Start tapping your way to fitness. No class 3/31. 480-350-5211

41868	50 yrs+	T/Th	3/17-5/21	9:10-10:05 a.m.	\$53 PAC
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### Tap Dance; Performance

Take the fundamental Tap dance technique and steps that you've learned, and now focus on formations and polishing-up routines for performances. Must come prepared to have fun. No class 3/31. 480-350-5211

41869	50 yrs+	T/Th	3/17-5/21	10:10-11:05 a.m.	\$53 PAC
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***Want to keep a good class going? Register early!***

## Activities for Adults (50+ Years)

### Health & Fitness

#### Adult Fitness

Meet new people and feel great while working out in our fitness center. The class will occur in a small group setting where participants will receive individual guidance. \*No class 3/31.

Fee: None. 480-350-5800

43651	50 yrs+	M	3/23-4/13	Noon-1 p.m.	ESCA
43652	50 yrs+	T	3/24-4/14*	Noon-1 p.m.	ESCA
43653	50 yrs+	W	3/25-4/15	Noon-1 p.m.	ESCA
43654	50 yrs+	Th	3/26-4/16	Noon-1 p.m.	ESCA
43655	50 yrs+	M	4/27-5/18	Noon-1 p.m.	ESCA
43656	50 yrs+	T	4/28-5/19	Noon-1 p.m.	ESCA
43657	50 yrs+	W	4/29-5/20	Noon-1 p.m.	ESCA
43658	50 yrs+	Th	4/30-5/21	Noon-1 p.m.	ESCA

#### Aerobic Dance Exercise

Get your heart pumping as you move to choreographed routines that encourage flexibility, muscular strength and cardiovascular endurance. \*No class 4/29, 5/1. \*\*No class 3/31, 4/30.

480-350-5211

41854	50 yrs+	M/W/F	3/16-5/22*	8:05-9 a.m.	\$72	PAC
41855	50 yrs+	T/Th	3/17-5/21**	8:05-9 a.m.	\$47	PAC

#### Chair Yoga

Unable to get up and down from the floor? You can still do Yoga. Learn to breathe slower and deeper, increase flexibility and strength, improve your memory, sleep better and boost your immune system. Suitable for all physical abilities. 480-350-5211

41856	50 yrs+	W/F	3/18-5/22	9-10 a.m.	\$60	PAC
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#### Gentle Yoga

This class will focus on breathing and relaxation techniques that will quiet the mind and relax the body. Students will practice the basic hatha yoga poses, focusing on those that stretch the muscles and improve balance and strength. No class 3/31.

480-350-5211

41858	50 yrs+	T	3/17-5/5	12:15-1:15 p.m.	\$28	PAC
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#### Healthy Cooking for Seniors

Join us on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of each month for a cooking demonstration that will teach you how to incorporate locally grown produce into healthy meals. Samples will be provided.

Fee: None. 480-858-2420

43514	50 yrs+	T	4/7	10 a.m.	CSC
43515	50 yrs+	T	4/21	10 a.m.	CSC
43516	50 yrs+	T	5/5	10 a.m.	CSC
43517	50 yrs+	T	5/19	10 a.m.	CSC

#### Seated Strength Training

Learn about things you can do with weights and bands while sitting to increase your strength. 480-350-5211

43495	50 yrs+	M	3/16-5/4	9-9:45 a.m.	\$20	PAC
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#### Stretch & Tone

Haven't exercised in a while? Get back into the exercise routine with this gentle exercising and stretching program. Exercise at your comfort level either sitting in a chair or standing. \*No class 4/29. \*\*No class 3/31, 4/30. 480-350-5211

41864	50 yrs+	M/W3/16-5/20*	10:30-11:15 a.m.	\$42	PAC
41865	50 yrs+	T/Th 3/17-5/21**	9:15-10 a.m.	\$40	PAC

#### Tai Chi / Body Balance Advanced

This exercise class builds on the five movements of the Tai Chi/Body Balance Basic class by adding six new movements. Qigong breathing exercises coordinated to each movement will also be learned. The eleven major movements form the Tai Chi Long Form. Major emphasis is on balance and stability, adding stretching exercises to improve flexibility and strength. Prerequisite: Tai Chi / Body Balance Basic. 480-350-5211

41867	50 yrs+	M	3/16-5/18	12:30-1:30 p.m.	\$43	PAC
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#### Tai Chi / Body Balance Basic

This exercise class uses basic Tai Chi movements and Qigong breathing exercises to gently relax and exercise the body. Major emphasis is on balance and stability, but students will also learn basic stretching exercises to improve flexibility and strength.

A basic Tai Chi Short Form that uses five major movements to exercise the body will be learned. 480-350-5211

41866	50 yrs+	M	3/16-5/18	11:15 a.m.-12:15 p.m.	\$43	PAC
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#### Toners & Shapers

This class is designed to strengthen and tone muscles, and to increase flexibility. Class consists of a warm-up and stretch, strength-training exercise and a cool-down stretch and relaxation. Each participant is encouraged to work at his/her own level.

Participants are asked to provide their own weights upon instructor recommendation. No class 4/29, 5/1. 480-350-5211

41871	50 yrs+	M/W/F	3/16-5/22	9:05-10:20 a.m.	\$81	PAC
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#### Yoga; with Weights

The perfect combination of flexibility and strength training. Class combines yoga and stretch exercises utilizing 1-2 lb handheld and light ankle weights to strengthen the core of the body; area between the shoulders and knees. Perfect for those experiencing tightness in hips, shoulders, lower back and legs. Each class ends with a brief relaxation. 480-350-5200

42125	50 yrs+	W	4/1-5/27	10:35-11:35 a.m.	\$32	PAC
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#### Zumba for 50+

A fun workout that incorporates unique, Latin dance moves with up-beat Latin music. Zumba maximizes caloric output with fat-burning movements and adapts to your ability level with easy-to-follow dance steps so that you can have fun. \*No class 3/31.

480-350-5211

41873	50 yrs+	T	3/17-5/19*	11:10 a.m.-12:05 p.m.	\$38	PAC
41874	50 yrs+	F	3/20-5/22	10:35-11:30 a.m.	\$42	PAC



### Social Activities

For additional information on the following Cahill Senior Center special events and menus, please refer to the monthly Roadrunner Chronicle, or call 480-858-2420.

#### Fabulous Friday's \$3 Homemade Lunch

Join us for fresh and delicious Friday Lunches at the Cahill Senior Center. Please call for weekly menu. Register by the Wednesday before each event. Fee: \$3. 480-858-2420

43500	50 yrs+	F	4/3	11:30 a.m.	CSC
43501	50 yrs+	F	4/10	11:30 a.m.	CSC
43502	50 yrs+	F	4/17	11:30 a.m.	CSC
43503	50 yrs+	F	5/1	11:30 a.m.	CSC
43504	50 yrs+	F	5/15	11:30 a.m.	CSC
43505	50 yrs+	F	5/22	11:30 a.m.	CSC
43506	50 yrs+	F	5/29	11:30 a.m.	CSC

#### Brunch & Bunco

Join us for a delicious breakfast and a game of Bunco with prizes. Register by the Monday before each date. Fee: \$4 for RTA members; \$5 for non-members. 480-858-2420

43496	50 yrs+	W	4/8	10 a.m.	CSC
43497	50 yrs+	W	5/13	10 a.m.	CSC

#### Pokeno and Bagels

Pokeno is a game that is a combination of poker and keno, though it is pretty much like playing Bingo with standard playing cards. Join us for a morning of fun games and prizes. Fee: \$2. 480-858-2420

43519	50 yrs+	W	4/1	10 a.m.	CSC
43520	50 yrs+	W	5/6	10 a.m.	CSC

#### Special Event: Mad Hatter Luncheon

Join us for a whimsical tea party where "Hats are the Theme!" Please wear your favorite hat and enjoy chicken salad sandwiches, fresh fruit and pastries. Fee: \$5 for RTA members; \$6 for non-members. 480-858-2420

43518	50 yrs+	F	4/24	11 a.m.	CSC
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#### Special Event: Mother's Day Luncheon

Mothers, it's all about you today! Enjoy a delicious lunch, relax and be pampered with a massage and manicure. Fee: \$5 for RTA members; \$6 for non-members. 480-858-2420

43508	50 yrs+	F	5/8	11 a.m.	CSC
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### Special Interest

#### Cooking with Trena!

Join Chef Trena Jones for an enjoyable afternoon of cooking. Practice basic skills and explore culinary methodology. Learn tips and tricks that are certain to enhance your favorite recipes. All recipes are included as part of the class fee and participants will sample every dish. Wear your apron and/or old clothes to class; class activity may be messy. Fee \$18 per class. An additional \$5 supply fee is due to the instructor at the beginning of each class. 480-350-5200

#### Jams and Jellies

Explore the art of jam and jelly-making with Chef Trena Jones. Select and use seasonal fruits to make wonderful preserves to enjoy all year long. Fee: \$18.

42774	50 yrs+	M	3/23	1-3 p.m.	PAC
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#### The Crepe Bar

Learn how to make the perfect crepe at any time of the day. Sweet and savory alike, Chef Trena Jones will walk you through the steps to create, cook and serve these culinary treasures. Fee: \$18.

42775	50 yrs+	M	4/13	1-3 p.m.	PAC
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## Counseling Services



### Individual Marital/Couple Child and Family

City of Tempe Counseling Program  
Tempe Public Library (2nd Floor)  
3500 S. Rural Road

480-350-5400

[www.Tempe.gov/Counseling](http://www.Tempe.gov/Counseling)

**Summer Brochure Available April 16**